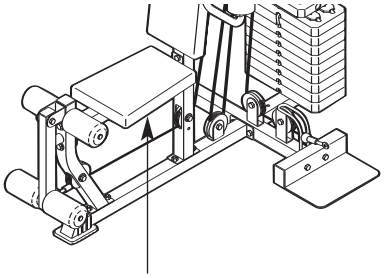
WEIDER® 8970

Model No. WEEVSY10230
Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal (under seat)

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, please call:

08457 089 009

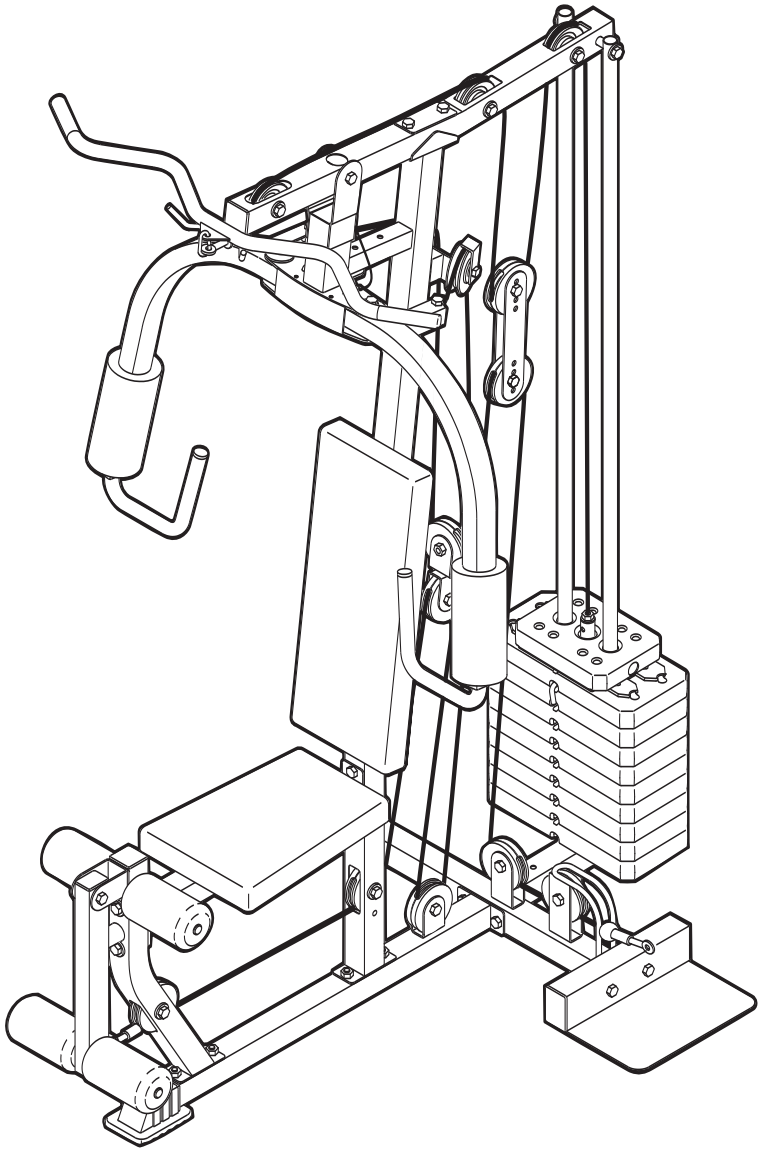
Or write:
ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

email: csuk@iconeurope.com

⚠CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



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www.iconeurope.com

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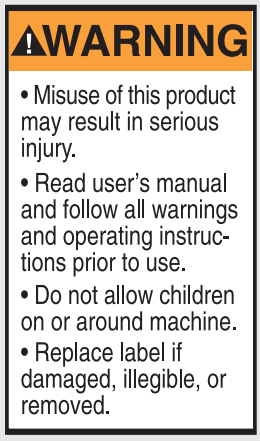
Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached in the centre of this manual. Remove the PART IDENTIFICATION CHART and the PART LIST/EXPLODED DRAWING before beginning assembly.

WEIDER is a registered trademark of ICON Health & Fitness, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight system.

1. **Read all instructions in this manual and in the accompanying literature before using the weight system. Use the weight system only as described in this manual.**
2. **It is the responsibility of the owner to ensure that all users of the weight system are adequately informed of all precautions.**
3. **The weight system is intended for home use only. Do not use the weight system in a commercial, rental, or institutional setting.**
4. **Use the weight system only on a level surface. Cover the floor or carpet beneath the weight system to protect the floor.**
5. **Make sure all parts are properly tightened each time the weight system is used. Replace any worn parts immediately.**
6. **Keep children under the age of 12 and pets away from the weight system at all times.**
7. **Keep hands and feet away from moving parts.**
8. **Always wear athletic shoes for foot protection when using the weight system.**
9. **The weight system is designed to support a maximum user weight of 135 kg (300 lbs.).**
10. **Never release the press arm, butterfly arms, leg lever, lat bar, or handle whilst weights are raised; the weights will fall with great force.**
11. **Make sure that the cables remain on the pulleys at all times. If the cables bind whilst you are exercising, stop immediately and make sure that the cables are on all of the pulleys.**
12. **Always stand on the foot plate when performing an exercise that could cause the weight system to tip.**
13. ***Always disconnect the lat bar from the weight system when performing an exercise that does not use the lat bar.***
14. **If you feel pain or dizziness at any time whilst exercising, stop immediately and begin cooling down.**
15. **The decals shown here have been placed on the weight system in the locations shown on page 4. If a decal is missing or illegible, please call our Customer Service Department at 08457 089 009, to order a free replacement decal. Apply the decal in the location shown.**


WARNING
• Misuse of this product may result in serious injury.
• Read user's manual and follow all warnings and operating instructions prior to use.
• Do not allow children on or around machine.
• Replace label if damaged, illegible, or removed.

Decal 1

Decal 2

WARNING
This equipment is not to be used by more than one person at a time.
WARNUNG
Erlauben Sie niemals mehr als einer Person die Benutzung des Gerätes.
ATTENTION
Cet appareil ne doit être utilisé que par une personne à la fois.
ATTENZIONE
Non permettere a più di una persona alla volta di usare questo equipaggiamento.
PRECAUCIÓN
Èste equipo no debe ser utilizado por más de una persona al mismo tiempo.

Decal 3

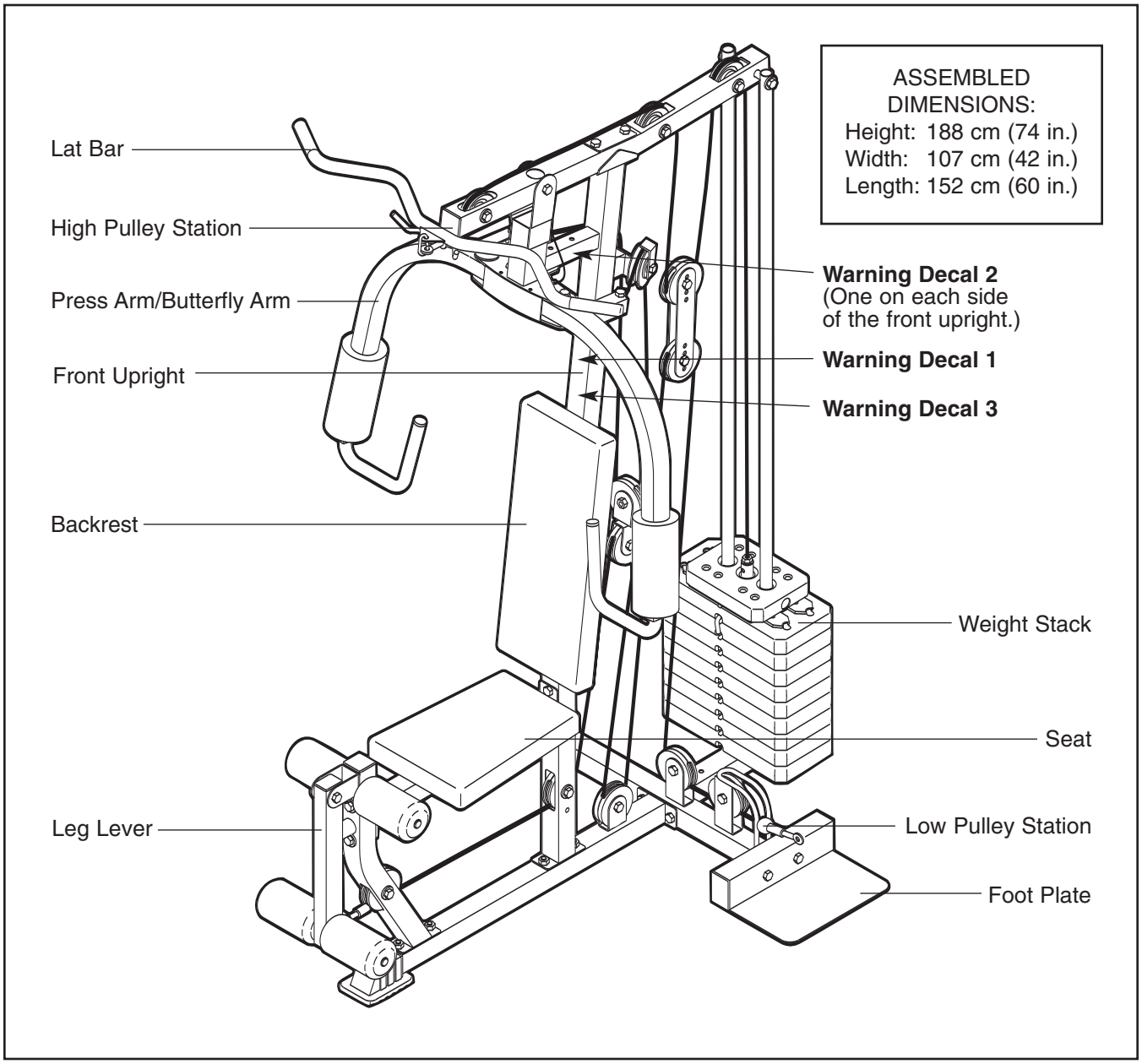
⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® 8970 weight system. The weight system offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight system will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the weight system. If you have additional questions, please call our Customer Service Department at 08457 089 009. To help us assist you, please note the product model number and serial number before calling. The model number is WEEVSY10230. The serial number can be found on a decal attached to the weight system (see the front cover of this manual).

Before reading further, please review the drawing below and familiarise yourself with the parts that are labeled.



ASSEMBLY

Make Things Easier for Yourself

Everything in this manual is designed to ensure that the weight system can be assembled successfully by anyone. However, it is important to realise that the versatile weight system has many parts and that the assembly process will take time. Most people find that by setting aside plenty of time, assembly will go smoothly.

Before beginning assembly, carefully read the following information and instructions:

- Assembly requires two people.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the weight system, make sure all parts are oriented as shown in the drawings.
- For help identifying small parts, use the PART IDENTIFICATION CHART.

Assembly requires the included hex key and the following tools (not included):

- **two adjustable spanners**

- **one rubber mallet**

- **one standard screwdriver**

- **one Phillips screwdriver**

- **lubricant, such as grease or petroleum jelly, and soapy water.**

Assembly will be more convenient if you have a socket set, a set of open-end or closed-end spanners, or a set of ratchet spanners.

FRAME ASSEMBLY

1. **Before beginning assembly, be sure that you have read and understand the information in the box above.**

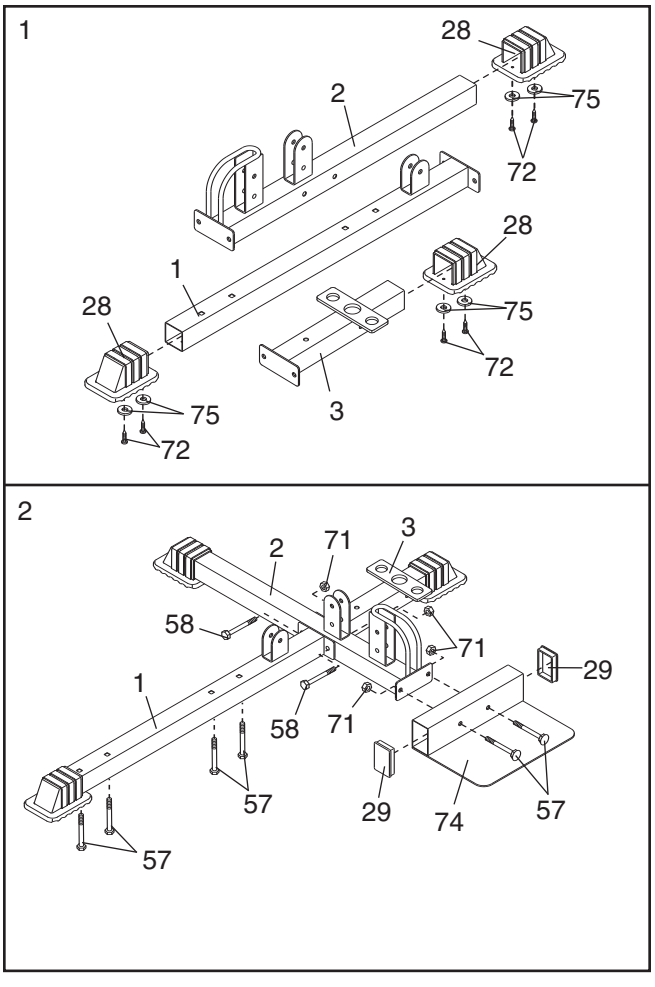
   Press the three Base Caps (28) onto the ends of the Front Base (1), the Centre Base (2), and the Rear Base (3). Secure the Base Caps with six M4 x 20mm Screws (72) and six M5 Washers (75).

2. Press two 50mm x 75mm Inner Caps (29) into the sides of the Foot Plate (74).

   Attach the Foot Plate (74) to the Centre Base (2) with two M10 x 65mm Carriage Bolts (57) and two M10 Nylon Locknuts (71).

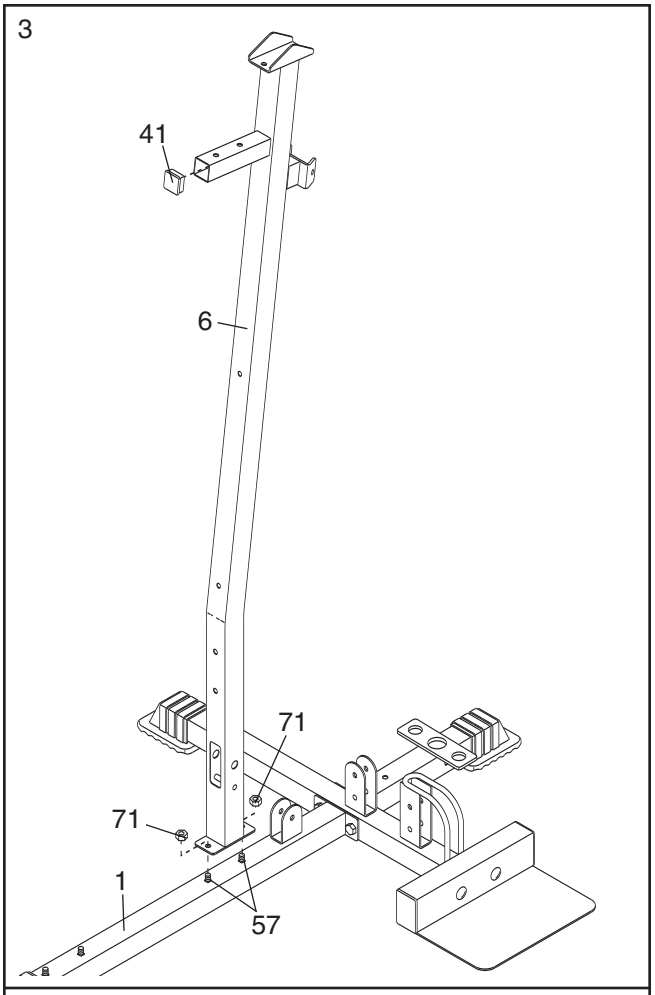
   Attach the Front Base (1) and the Rear Base (3) to the Centre Base (2) with two M10 x 70mm Bolts (58) and two M10 Nylon Locknuts (71). **Do not tighten the Locknuts yet.**

   Insert four M10 x 65mm Carriage Bolts (57) up through the Front Base (1).



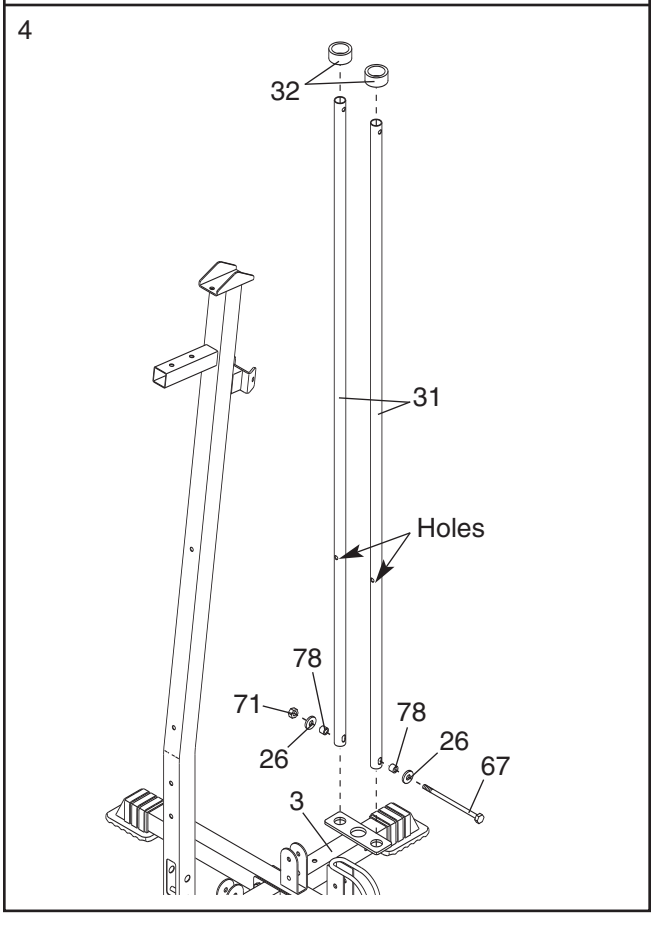
3. Press a 38mm Square Inner Cap (41) into the tube on the Front Upright (6).

   Attach the Front Upright (6) to the Front Base (1) with the two indicated M10 x 65mm Carriage Bolts (57) and two M10 Nylon Locknuts (71). **Do not tighten the Locknuts yet.**



4. Insert the two Weight Guides (31) into the indicated holes in the Rear Base (3) and secure them with an M10 x 155mm Bolt (67), two M10 Washers (26), two 19mm Spacers (78), and an M10 Nylon Locknut (71). **Make sure that the holes in the Weight Guides are closer to the bottom**. **Do not overtighten the Locknut.**

   Slide two Weight Bumpers (32) onto the Weight Guides (31).

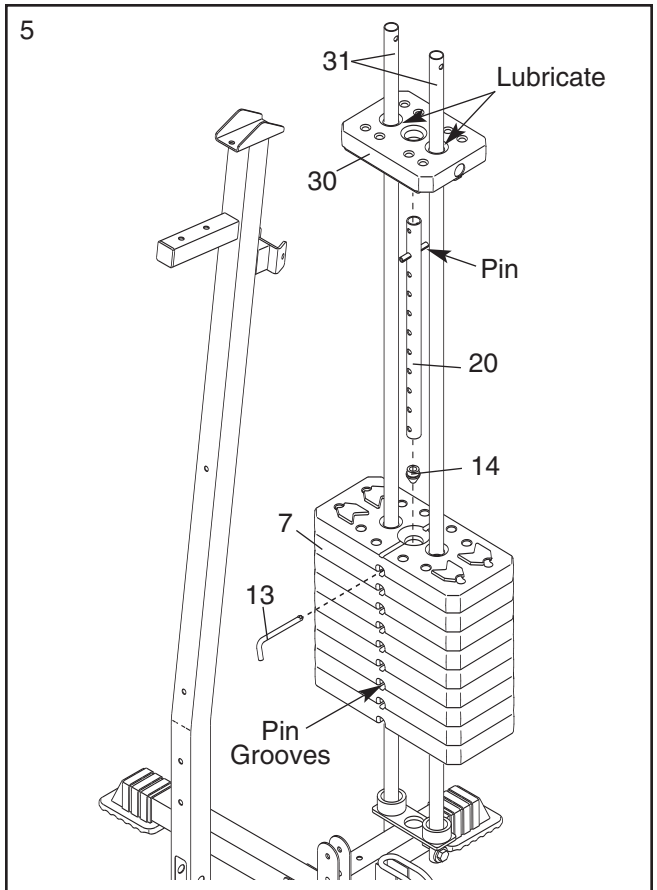


5. Slide the nine Weights (7) onto the Weight Guides (31). **Make sure the pin grooves are on the indicated side.**

   Press the Weight Tube Bumper (14) into the Weight Tube (20). Insert the Weight Tube into the stack of Weights (7).

   Lubricate the indicated holes in the Top Weight (30) with grease. Slide the Top Weight onto the Weight Guides (31). **Make sure the pin on the Weight Tube (20) rests in the groove on the bottom of the Top Weight.**

   Insert the Weight Pin (13) into the stack of Weights (7).

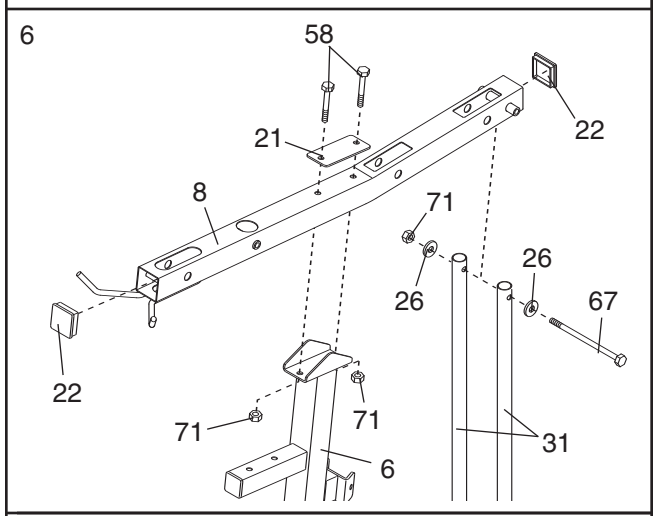


6. Press two 50mm Square Inner Caps (22) into the end of the Top Frame (8).

   Attach the Top Frame (8) to the Front Upright (6) with two M10 x 70mm Bolts (58), the 90mm Space Support Plate (21), and two M10 Nylon Locknuts (71).

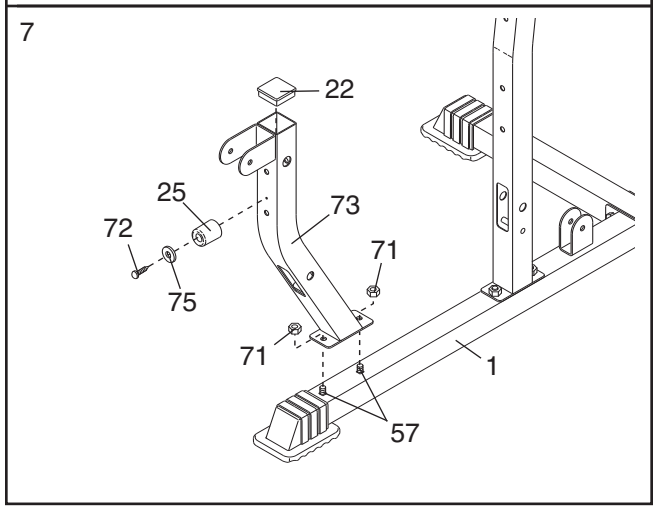
   Attach the Weight Guides (31) to the Top Frame (8) with an M10 x 155mm Bolt (67), two M10 Washers (26), and an M10 Nylon Locknut (71).

   Do not tighten the M10 Nylon Locknuts (71) yet.



7. Press a 50mm Square Inner Cap (22) into the Seat Upright (73). Attach the Bumper (25) to the Seat Upright with an M4 x 20mm Screw (72) and an M5 Washer (75).

   Attach the Seat Upright (73) to the Front Base (1) with the two indicated M10 x 65mm Carriage Bolts (57) and two M10 Nylon Locknuts (71). **Do not tighten the Locknuts yet.**

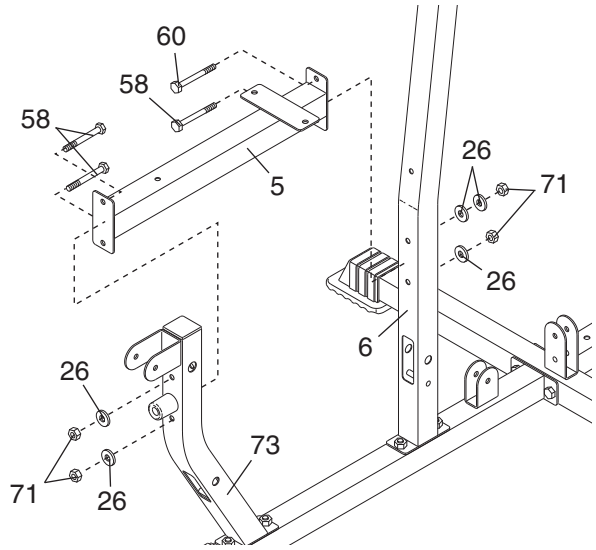


8. Attach the Seat Frame (5) to the Front Upright (6) with an M10 x 70mm Bolt (58), an M10 x 77mm Bolt (60), three M10 Washers (26), and two M10 Nylon Locknuts (71). **Don't over tighten the Locknut on the M10 x 77mm Bolt; a cable will be attached to this bolt in step 23.**

   Attach the Seat Frame (5) to the Seat Upright (73) with two M10 x 70mm Bolts (58), two M10 Washers (26), and two M10 Nylon Locknuts (71).

   Tighten the M10 Nylon Locknuts (71) used in steps 1–8.

8

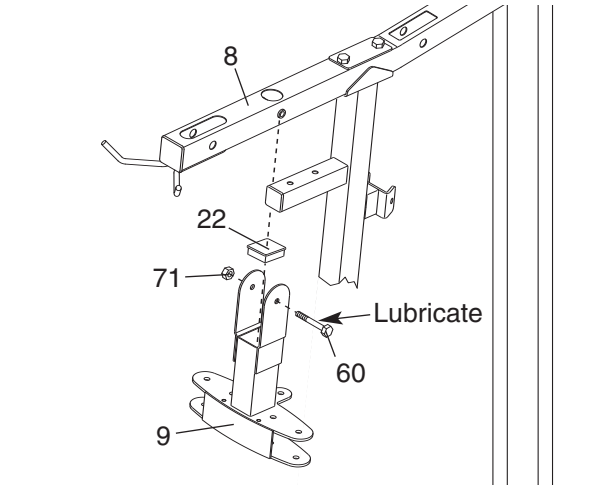


ARM ASSEMBLY

9. Press a 50mm Square Inner Cap (22) into the Butterfly Frame (9).

   Lubricate the M10 x 77mm Bolt (60) with grease. Attach the Butterfly Frame (9) to the Top Frame (8) with the Bolt and an M10 Nylon Locknut (71). **Do not overtighten the Locknut; the Butterfly Frame must be able to pivot easily.**

9



10. Press a 40mm x 50mm Inner Cap (23) into the indicated end of the Right Butterfly Arm (11). Wet the bottom end of the Arm with soapy water. Slide a Large Foam Pad (19) onto the Arm.

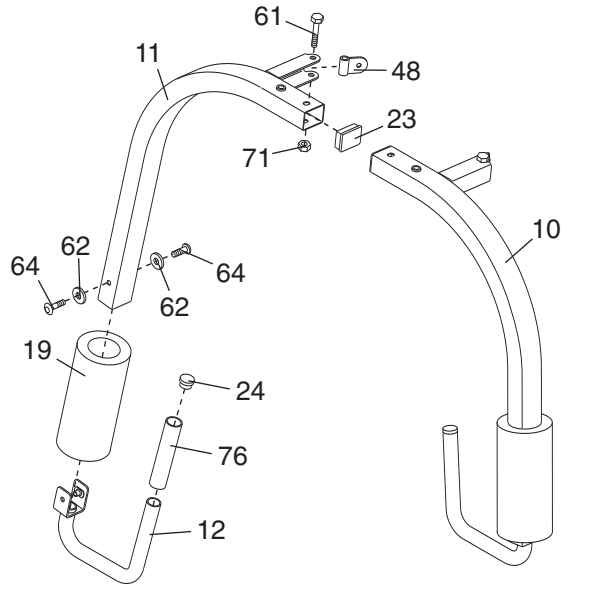
    Attach a Pivot Bracket (48) to the Right Butterfly Arm (11) with an M10 x 53mm Bolt (61) and an M10 Nylon Locknut (71). **Do not overtighten the Locknut; the Pivot Bracket must be able to pivot easily.**

    Slide a Foam Grip (76) onto a Butterfly Handle (12). Press a 31mm Round Inner Cap (24) into the Butterfly Handle. Attach the Butterfly Handle to the Right Butterfly Arm (11) with two M8 x 15mm Allen Head Bolts (64) and two M8 Washers (62).

    Slide the Large Foam Pad (19) down so that the bottom of the Foam Pad is even with the bottom of the Right Butterfly Arm (11).

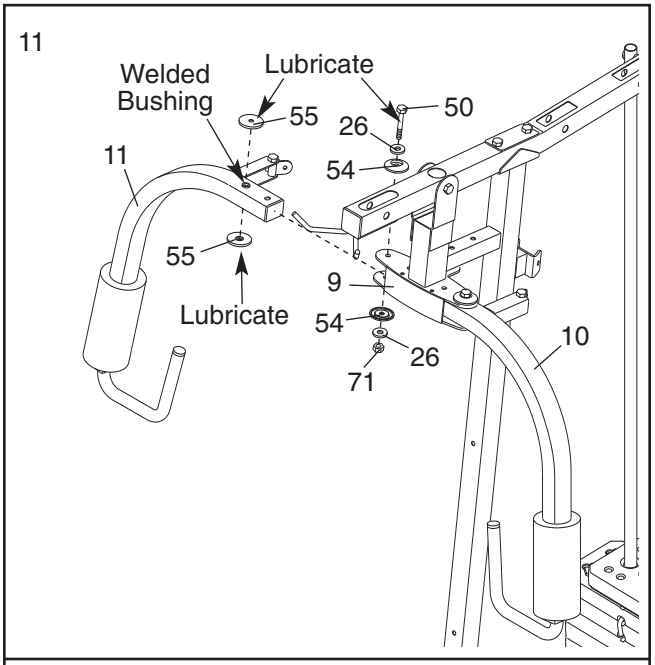
    Repeat this step with the Left Butterfly Arm (10).

10



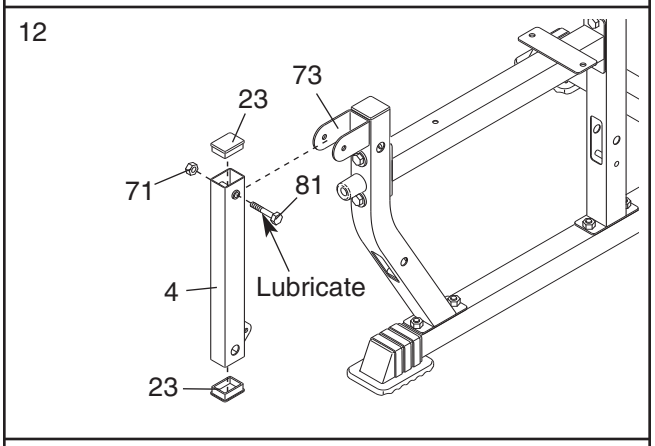
11. Lubricate an M10 x 80mm Allen Head Bolt (50) and both sides of two Plastic Washers (55) with grease. Attach the Right Butterfly Arm (11) to the Butterfly Frame (9) with the Bolt, the two Plastic Washers, two Butterfly Caps (54), two M10 Washers (26), and an M10 Nylon Locknut (71). **Do not overtighten the Locknut; the Butterfly Arm must be able to pivot easily. Make sure the indented sides of the Plastic Washers fit over the welded bushing in the Butterfly Arm.**

Repeat this step with the Left Butterfly Arm (10).



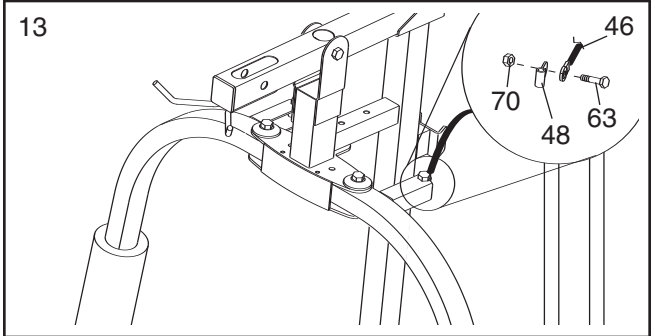
12. Press two 40mm x 50mm Inner Caps (23) into the ends of the Leg Lever (4).

Lubricate an M10 x 65mm Bolt (81) with grease. Attach the Leg Lever (4) to the Seat Upright (73) with the Bolt and an M10 Nylon Locknut (71). **Do not overtighten the Locknut; the Leg Lever must be able to pivot easily.**

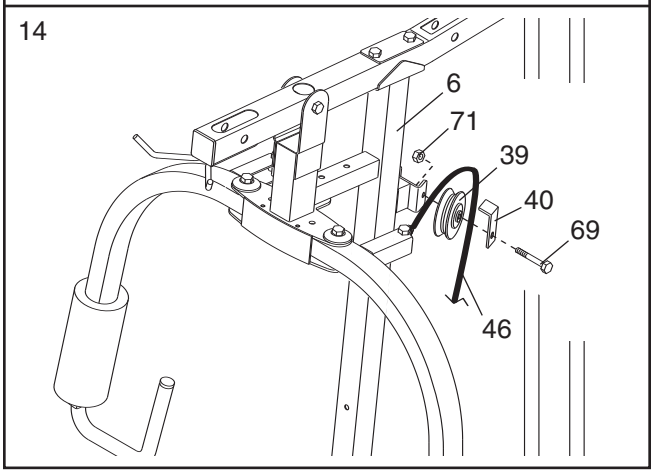


CABLE ASSEMBLY

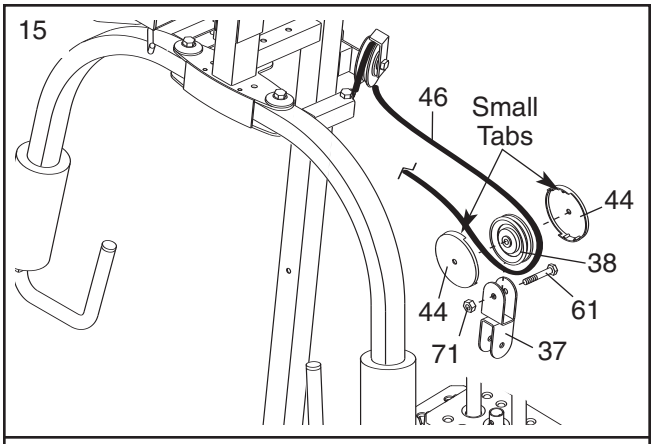
13. **Locate the Butterfly Cable (46).** Attach the Cable to the indicated Pivot Bracket (48) with an M8 x 27mm Shoulder Bolt (63) and an M8 Nylon Locknut (70).



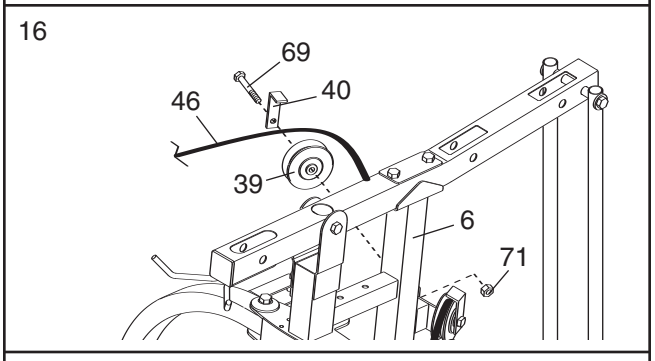
14. Wrap the Butterfly Cable (46) over a “V”-pulley (39). Attach the “V”-pulley and a Long Cable Trap (40) to the bracket on the Front Upright (6) with an M10 x 57mm Bolt (69) and an M10 Nylon Locknut (71). **Be sure the Cable Trap is turned to hold the Cable in the groove of the Pulley.**



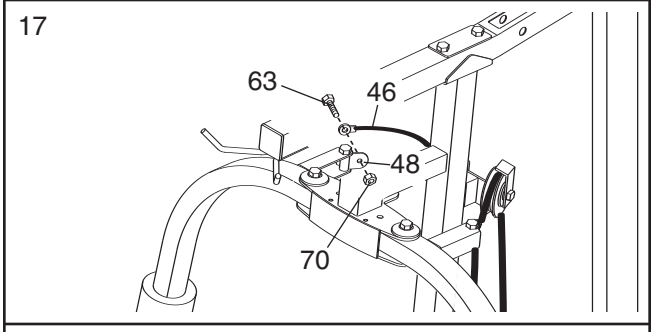
15. Wrap the Butterfly Cable (46) under a 90mm Pulley (38). Attach the Pulley and a pair of Pulley Covers (44) to the Double "U"-bracket (37) with an M10 x 53mm Bolt (61) and an M10 Nylon Locknut (71). **Make sure the small tabs on the Pulley Covers are on top.**



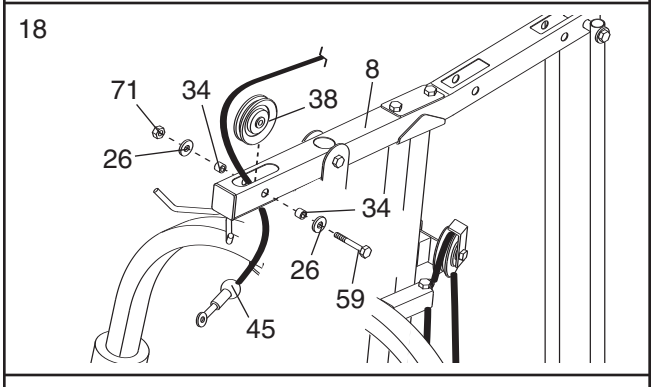
16. Wrap the Butterfly Cable (46) over a "V"-pulley (39). Attach the "V"-pulley and a Long Cable Trap (40) to the bracket on the Front Upright (6) with an M10 x 57mm Bolt (69) and an M10 Nylon Locknut (71). **Make sure the Cable Trap is turned to hold the Cable in the groove of the Pulley.**



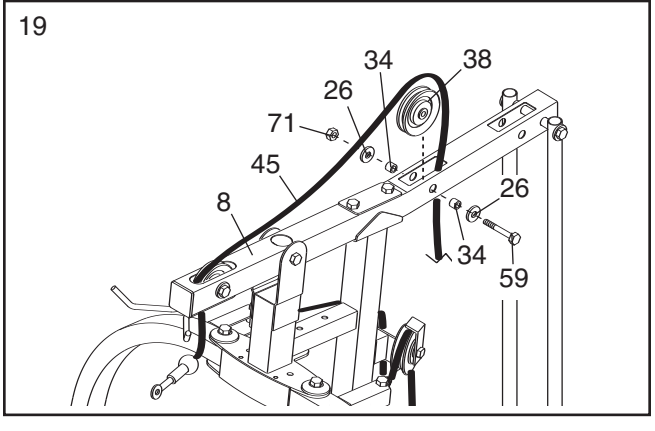
17. Attach the Butterfly Cable (46) to the indicated Pivot Bracket (48) with an M8 x 27mm Shoulder Bolt (63) and an M8 Nylon Locknut (70).



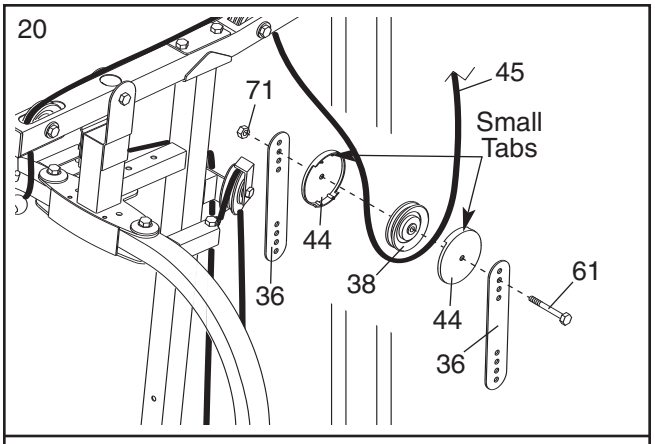
18. **Locate the High Cable (45).** Route the bolt end of the Cable up through the Top Frame (8) and over a 90mm Pulley (38). Attach the Pulley inside the Top Frame with an M10 x 68mm Bolt (59), two M10 Washers (26), two 13mm Spacers (34), and an M10 Nylon Locknut (71).



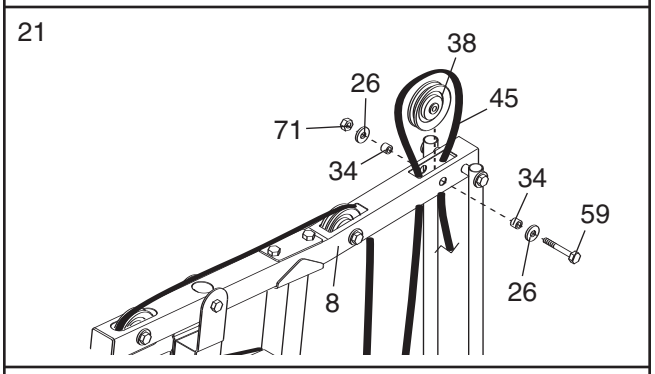
19. Wrap the High Cable (45) over a 90mm Pulley (38). Attach the Pulley inside the Top Frame (8) with an M10 x 68mm Bolt (59), two M10 Washers (26), two 13mm Spacers (34), and an M10 Nylon Locknut (71).



20. Wrap the High Cable (45) under a 90mm Pulley (38). Attach the Pulley and a pair of Pulley Covers (44) to the second set of holes from the top of the two Pulley Plates (36) with an M10 x 53mm Bolt (61) and an M10 Nylon Locknut (71). **Make sure that the small tabs on the Pulley Covers are on top.**

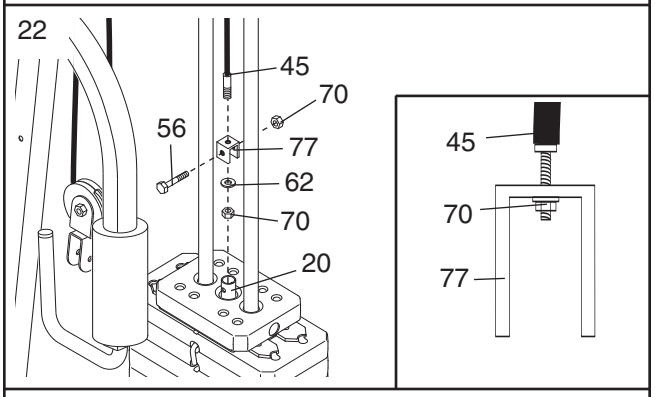


21. Wrap the High Cable (45) over a 90mm Pulley (38). Attach the Pulley inside the Top Frame (8) with an M10 x 68mm Bolt (59), two M10 Washers (26), two 13mm Spacers (34), and an M10 Nylon Locknut (71).

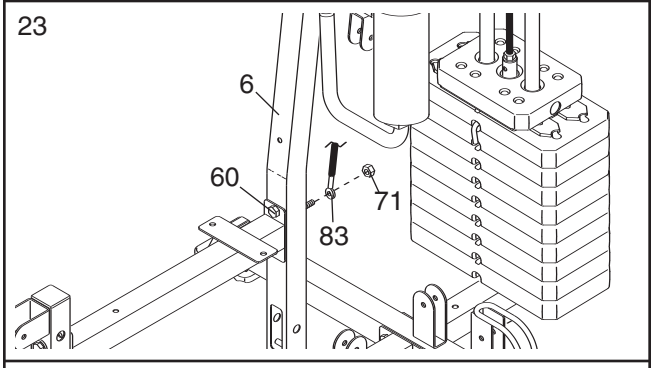


22. Attach the High Cable (45) to the "U"-bracket (77) with an M8 Washer (62), and an M8 Nylon Locknut (70). **Do not completely tighten the Locknut; it should be tightened so that only two threads of the Cable show past the Locknut, as shown in the inset drawing.**

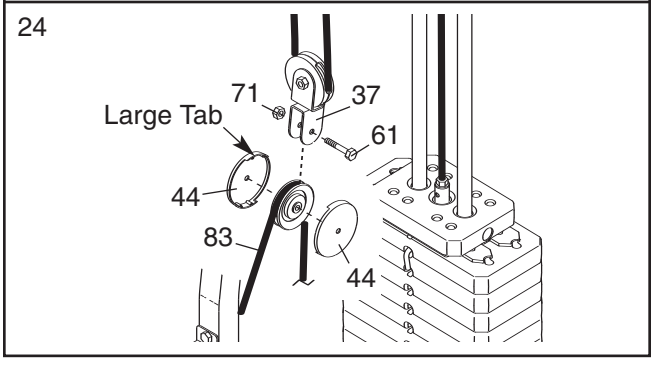
    Attach the "U"-bracket (77) to the Weight Tube (20) with an M8 x 43mm Bolt (56) and an M8 Nylon Locknut (70). **Do not overtighten the Locknut; the Weight Tube must be able to pivot easily.**



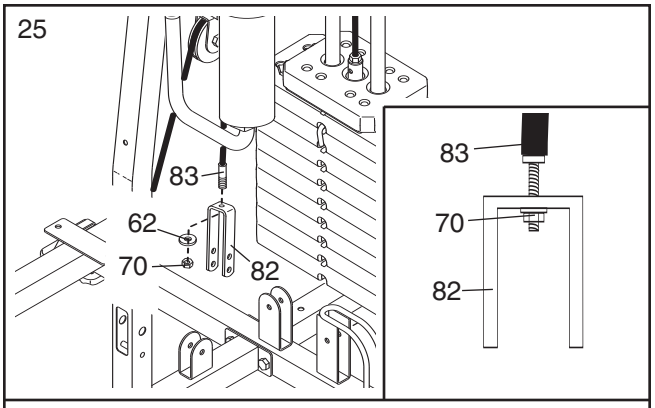
23. **Locate the Short Cable (83).** Remove the M10 Nylon Locknut (71) from the indicated M10 x 77mm Bolt (60). Attach the Cable to the Bolt with the Locknut.



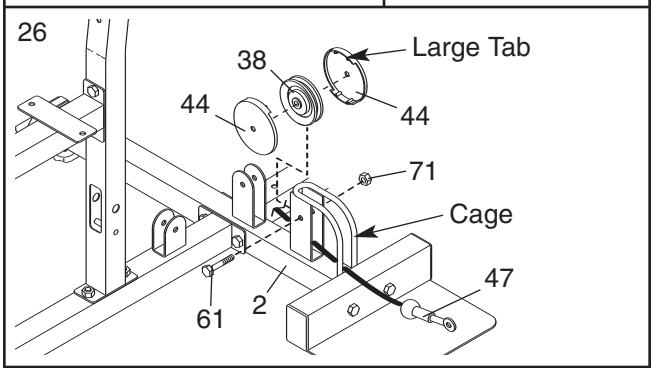
24. Wrap the Short Cable (83) over a 90mm Pulley (38). Attach the Pulley and a pair of Pulley Covers (44) to the Double "U"-bracket (37) with an M10 x 53mm Bolt (61) and an M10 Nylon Locknut (71). **Make sure that the large tabs on the Pulley Covers are on top.**



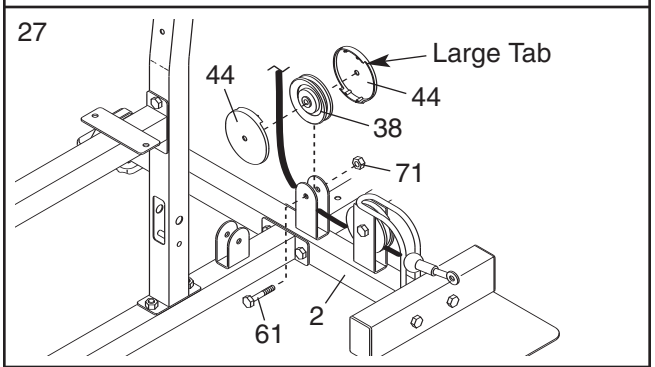
25. Attach the Short Cable (83) to the Large "U"-bracket (82) with an M8 Washer (62) and an M8 Nylon Locknut (70). **Do not completely tighten the Locknut; it should be tightened so that only two threads of the Cable show past the Locknut, as shown in the inset drawing.**



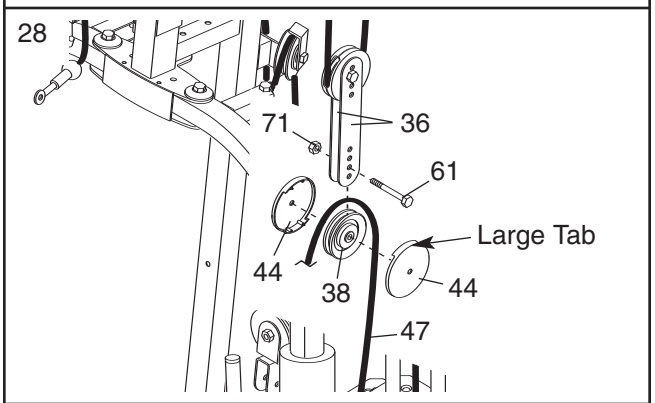
26. **Locate the Low Cable (47).** Route the Cable through the cage and under a 90mm Pulley (38). Attach the Pulley and a pair of Pulley Covers (44) inside the indicated bracket on the Centre Base (2) with an M10 x 53mm Bolt (61) and an M10 Nylon Locknut (71). **Make sure that the large tabs on the Pulley Covers are on top.**



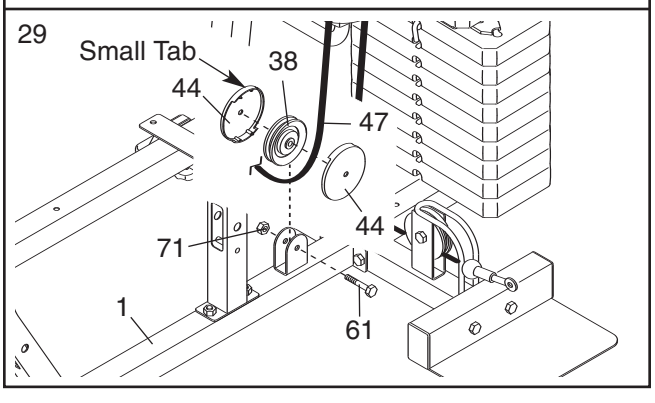
27. Wrap the Cable under a 90mm Pulley (38). Attach the Pulley and a pair of Pulley Covers (44) inside the indicated bracket on the Centre Base (2) with an M10 x 53mm Bolt (61) and an M10 Nylon Locknut (71). **Make sure that the large tabs on the Pulley Covers are on top.**



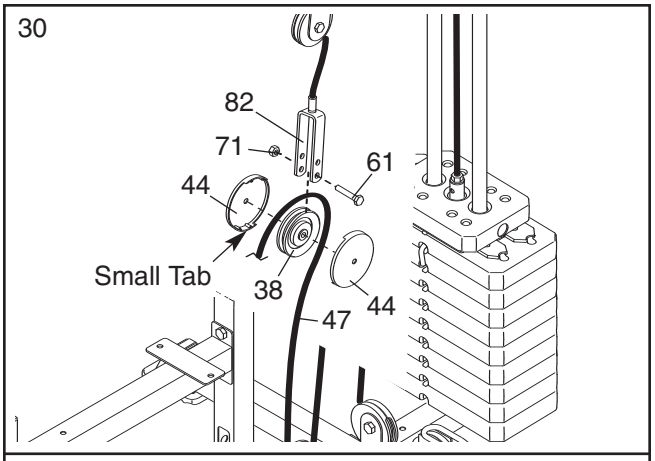
28. Wrap the Low Cable (47) over a 90mm Pulley (38). Attach the Pulley and a pair of Pulley Covers (44) to the second set of holes from the bottom of the two Pulley Plates (36) with an M10 x 53mm Bolt (61) and an M10 Nylon Locknut (71). **Make sure that the large tabs on the Pulley Covers are on top.**



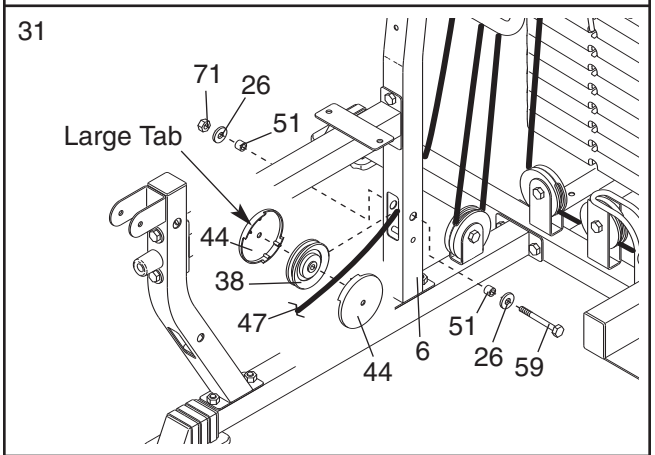
29. Wrap the Low Cable (47) under a 90mm Pulley (38). Attach the Pulley and a pair of Pulley Covers (44) inside the indicated bracket on the Front Base (1) with an M10 x 53mm Bolt (61) and an M10 Nylon Locknut (71). **Make sure the small tabs on the Pulley Covers are on top.**



30. Wrap the Low Cable (47) over a 90mm Pulley (38). Attach the Pulley and a pair of Pulley Covers (44) to the Large “U”-bracket (82) with an M10 x 53mm Bolt (61) and an M10 Nylon Locknut (71). **Make sure the small tabs on the Pulley Covers are on the bottom.**

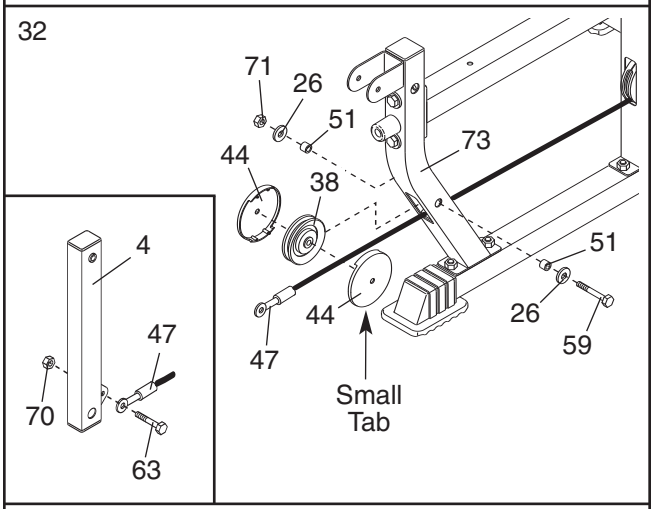


31. Wrap the Low Cable (47) under a 90mm Pulley (38). Attach the Pulley and a pair of Pulley Covers (44) inside the Front Upright (6) with an M10 x 68mm Bolt (59), two M10 Washers (26), two 8mm Spacer (51), and an M10 Nylon Locknut (71). **Make sure the large tabs on the Pulley Covers are oriented as shown.**



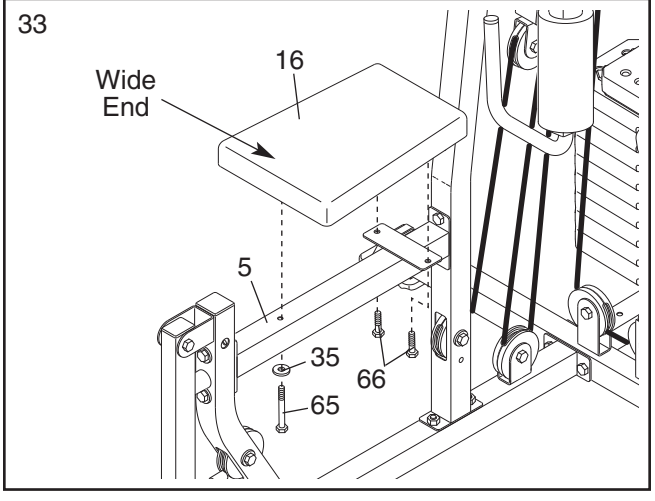
32. Route the Low Cable (47) through the Seat Upright (73) and under a 90mm Pulley (38). Attach the Pulley and a pair of Pulley Covers (44) inside the Seat Upright with an M10 x 68mm Bolt (59), two M10 Washers (26), two 8mm Spacer (51), and an M10 Nylon Locknut (71). **Make sure the small tabs on the Pulley Covers are on the bottom.**

    See the inset drawing. Attach the end of the Low Cable (47) to the Leg Lever (4) with an M8 x 27mm Shoulder Bolt (63) and an M8 Nylon Locknut (70).

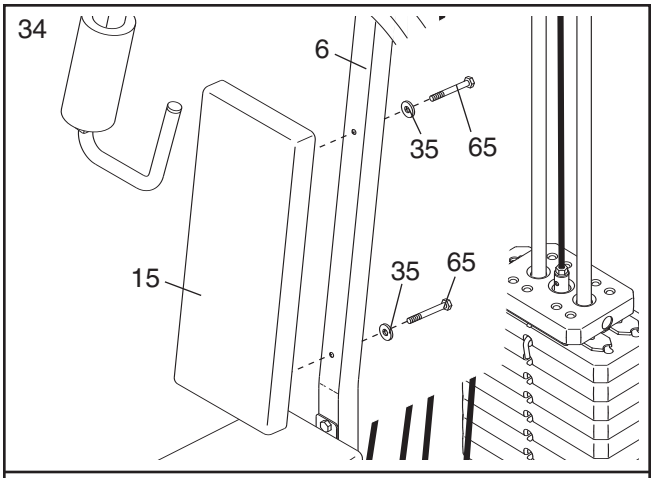


SEAT ASSEMBLY

33. Orient the Seat (16) as shown. Attach the Seat to the Seat Frame (5) with an M6 x 65mm Screw (65), an M6 Washer (35), and two M6 x 15mm Screws (66).

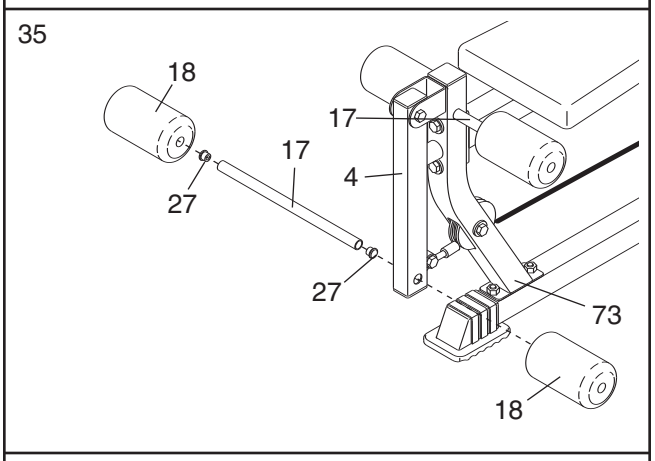


34. Attach the Backrest (15) to the Front Upright (6) with two M6 x 65mm Screws (65), and two M6 Washers (35).

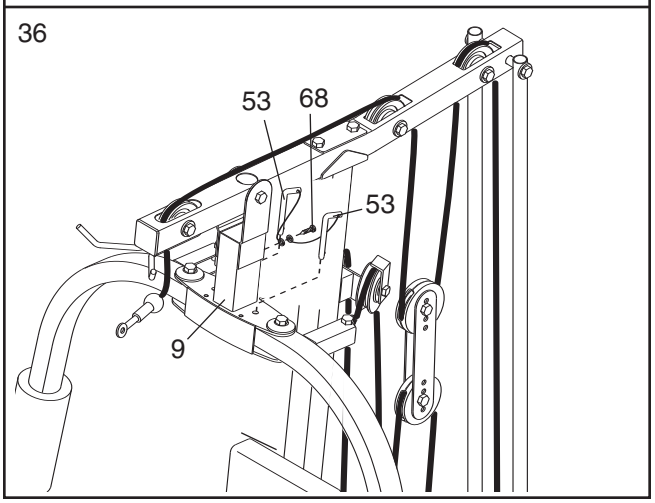


35. Press two 19mm Round Inner Caps (27) into the ends of a Pad Tube (17). Slide the Pad Tube through the hole in the Leg Lever (4). Slide two Foam Pads (18) onto the ends of the Pad Tube.

    Repeat this step with the other Pad Tube (17) and the Seat Upright (73).



36. Insert the two Locking Pins (53) into the Butterfly Frame (9). Attach the tether on the Pins to the Butterfly Frame with the M4 x 12mm Screw (68).



37. Make sure that all parts have been properly tightened. The use of all remaining parts will be explained in ADJUSTMENTS, beginning on the next page.

    Before using the weight system, pull each cable a few times to make sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly routed, they may be damaged when heavy weight is used. See the CABLE DIAGRAM on page 17 of this manual for proper cable routing. If there is any slack in the cables, you will need to remove it by tightening the cables; see TIGHTENING THE CABLES on page 16.**

ADJUSTMENTS

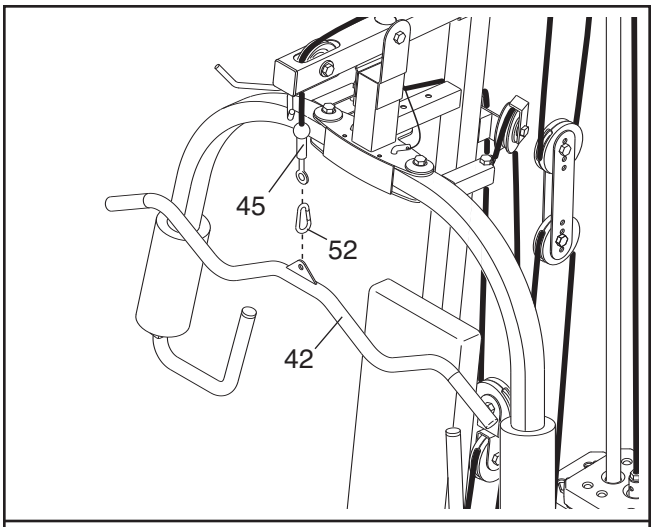
This section explains how to adjust the weight system. See the EXERCISE GUIDELINES on page 18 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for each exercise.

Make sure all parts are properly tightened each time the weight system is used. Replace any worn parts immediately. The weight system can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ATTACHING THE ACCESSORIES TO A PULLEY STATION

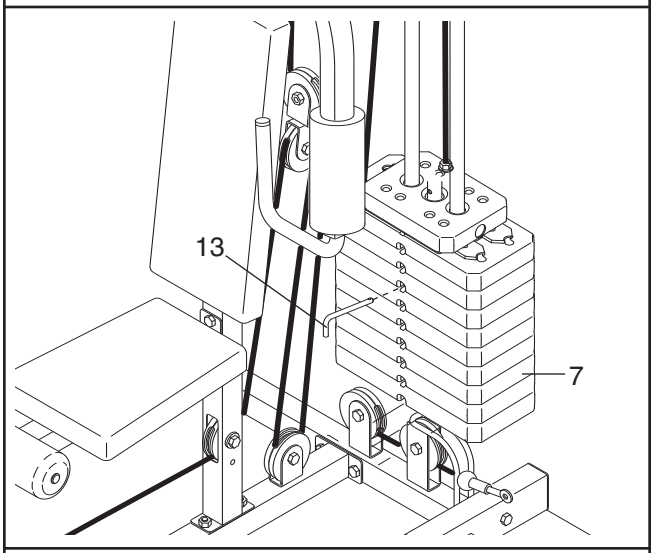
Attach the Lat Bar (42) to the High Cable (45) with a Cable Clip (52). For some exercises, the Chain (not shown) should be attached between the Lat Bar and the High Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the High Cable so that the Lat Bar is in the correct starting position for the exercise to be performed.**

The Handle (not shown) can be attached in the same manner. The accessories can be attached to the Low Cable (not shown) in the same manner.



CHANGING THE WEIGHT SETTING

To change the weight setting of the weight stack, insert the Weight Pin (13) under the desired Weight (7). Make sure to insert the Weight Pin until the bent end of the Weight Pin is touching the Weights, and turn the bent end downward. The weight setting of the weight stack can be changed from 6 pounds to 118.5 pounds, in increments of 12.5 pounds. **Note: Due to the cables and pulleys, the actual amount of resistance at each exercise station may vary from the weight setting. Use the WEIGHT RESISTANCE CHART on page 16 to find the actual amount of resistance at each weight station.**

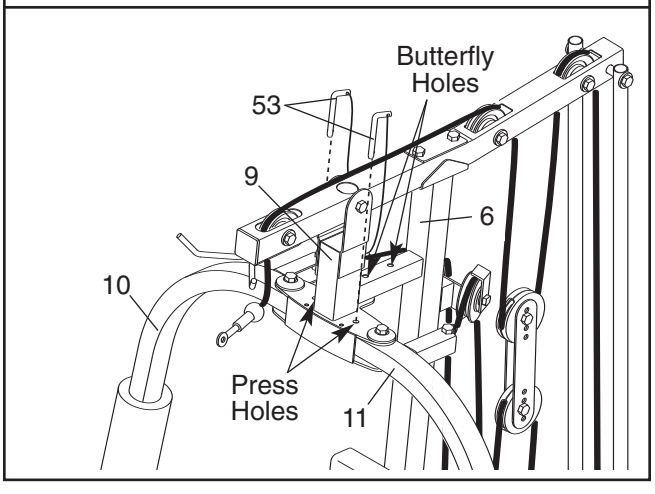


CONVERTING THE BUTTERFLY ARMS

To use the Butterfly Arms (10, 11) as butterfly arms, insert the Locking Pins (53) into the butterfly holes in the Front Upright (6).

To use the Butterfly Arms (10, 11) as press arms, insert the Locking Pins (53) into the press holes in the Butterfly Frame (9).

Make sure that the Locking Pins (53) are fully inserted into the same set of holes before performing any exercises.



LOCKING THE WEIGHT STACK

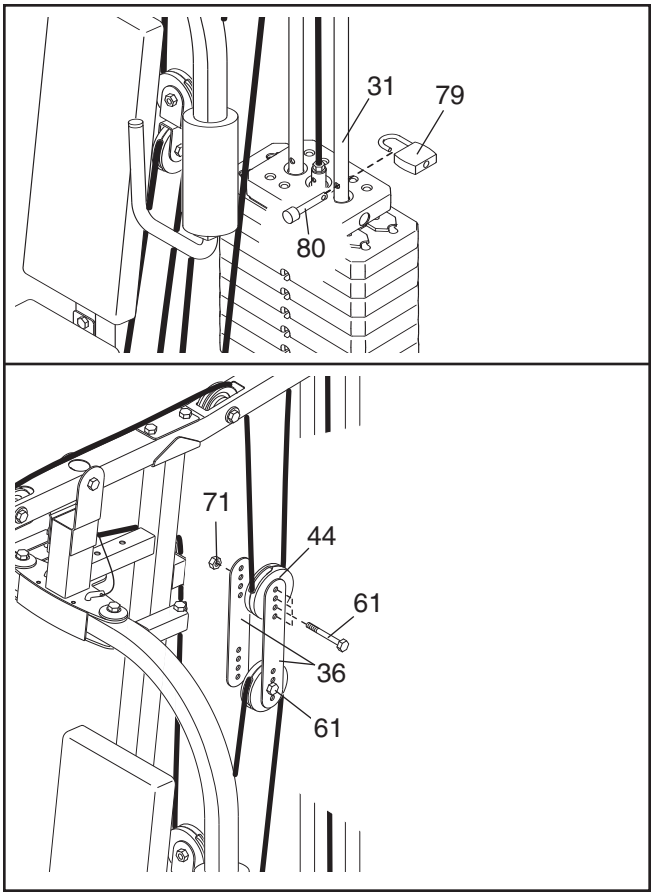
To prevent unauthorised use of the weight system, insert the Locking Bar (80) into the indicated hole in one of the Weight Guides (31) and secure the Locking Bar with the Lock (79).

Remove the Lock (79) and Locking Bar (80) to use the weight system again.

TIGHTENING THE CABLES

Woven cable, the type of cable used on the weight system, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened.

Slack can be removed by moving a 90mm Pulley (not shown) and pair of Pulley Covers (44) to a set of holes closer to the centre of the two Pulley Plates (36). Remove the M10 Nylon Locknut (71) and the M10 x 53mm Bolt (61) from the Pulley Covers, the Pulley, and the Pulley Plates. Re-attach the Pulley and the Pulley Covers to the new set of holes in the Pulley Plates with the Bolt and Nylon Locknut.



WEIGHT RESISTANCE CHART

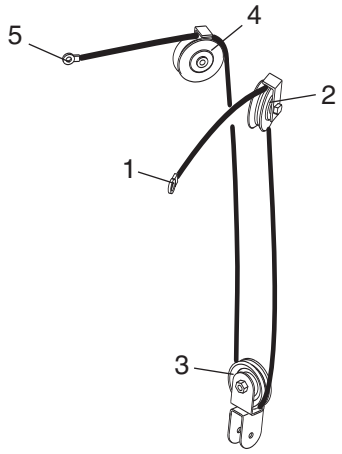
The chart below shows the approximate weight resistance at each exercise station. “Top” refers to the 6 lb. top weight. The other numbers refer to the 12.5 lb. weight plates. Weight resistance shown for the butterfly arm station is for each butterfly arm. **Note: The actual resistance at each station may vary due to differences in individual weight plates as well as friction between the cables, pulleys, and weight guides.**
Note: 1 lb. = .454 kg

WEIGHT	HIGH PULLEY (lbs.)	PRESS ARM (lbs.)	BUTTERFLY ARM (lbs.) (Per Arm)	LEG LEVER (lbs.)	LOW PULLEY (lbs.)
Top	15	22	18	22	7
1	30	35	31	34	30
2	44	52	44	45	42
3	61	66	60	59	59
4	76	89	75	72	73
5	91	97	82	85	87
6	106	114	97	98	101
7	121	129	109	111	115
8	136	143	124	126	130
9	151	158	135	139	145

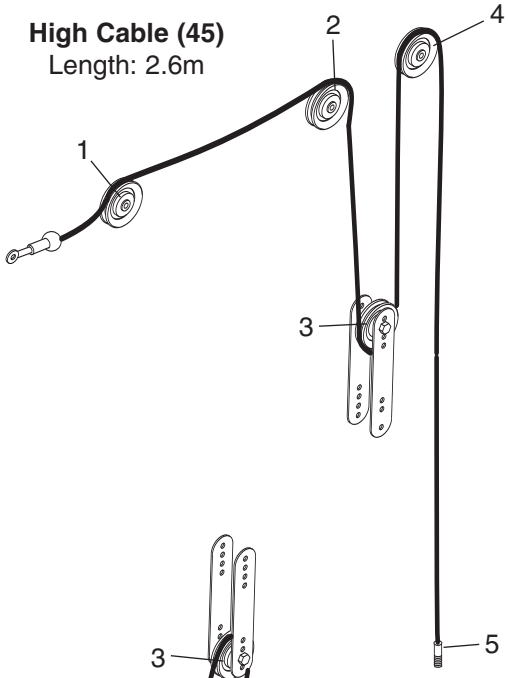
CABLE DIAGRAMS

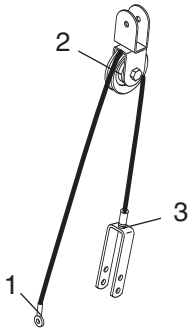
The cable diagrams below show the proper routing of the Butterfly Cable (46), the High Cable (45), the Low Cable (47), and the Short Cable (83). Use the diagrams to make sure that the cables and the cable traps have been assembled correctly. If the cables have not been correctly routed, the weight system will not function properly and damage may occur. The numbers show the correct route for each cable. **Make sure that the cable traps do not touch or bind the cables.**

Butterfly Cable (46)
Length: 1.3m

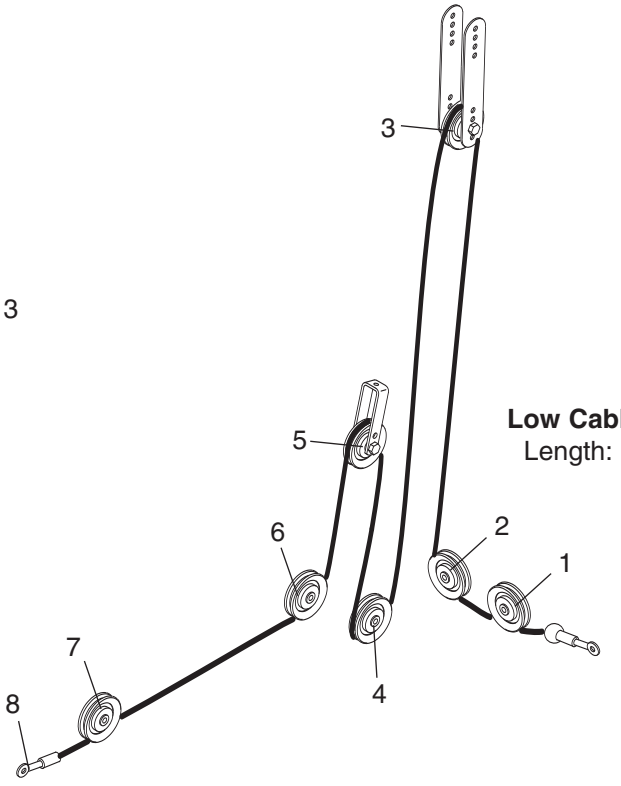


High Cable (45)
Length: 2.6m





Short Cable (83)
Length: 1.0m



Low Cable (47)
Length: 4.5m

EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of weight used
- by changing the number of repetitions or sets performed. (A "repetition" is one complete cycle of an exercise, such as one sit-up. A "set" is a series of repetitions.)

The proper amount of weight for each exercise depends upon the individual user. You must gauge your limits and select the amount of weight that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

Weight Loss

To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training

Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program is:

- Plan weight training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as cycling or swimming, on Tuesday and Thursday.
- Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of weight training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness at any time whilst exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. Refer to the muscle chart on page 19 to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

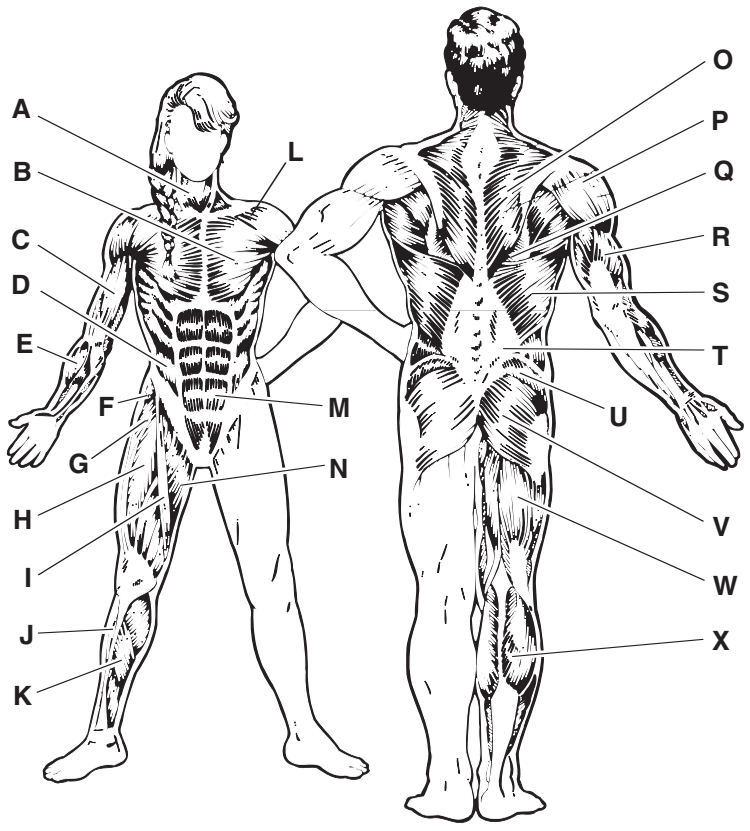
Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. list the date, the exercises performed, the weight used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



MUSCLE CHART

A. Sternomastoid (neck)
B. Pectoralis Major (chest)
C. Biceps (front of arm)
D. Obliques (waist)
E. Brachioradials (forearm)
F. Hip Flexors (upper thigh)
G. Abductor (outer thigh)
H. Quadriceps (front of thigh)
I. Sartorius (front of thigh)
J. Tibialis Anterior (front of calf)
K. Soleus (front of calf)
L. Anterior Deltoid (shoulder)
M. Rectus Abdominus (stomach)
N. Adductor (inner thigh)
O. Trapezius (upper back)
P. Rhomboideus (upper back)
Q. Posterior Deltoid (shoulder)
R. Triceps (back of arm)
S. Latissimus Dorsi (mid back)
T. Spinae Erectors (lower back)
U. Gluteus Medius (hip)
V. Gluteus Maximus (buttocks)
W. Hamstring (back of leg)
X. Gastrocnemius (back of calf)

ORDERING REPLACEMENT PARTS

To order replacement parts, contact the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

Tel:

08457 089 009

Outside the UK: 0 (044) 113 387 7133
Fax: 0 (044) 113 387 7125

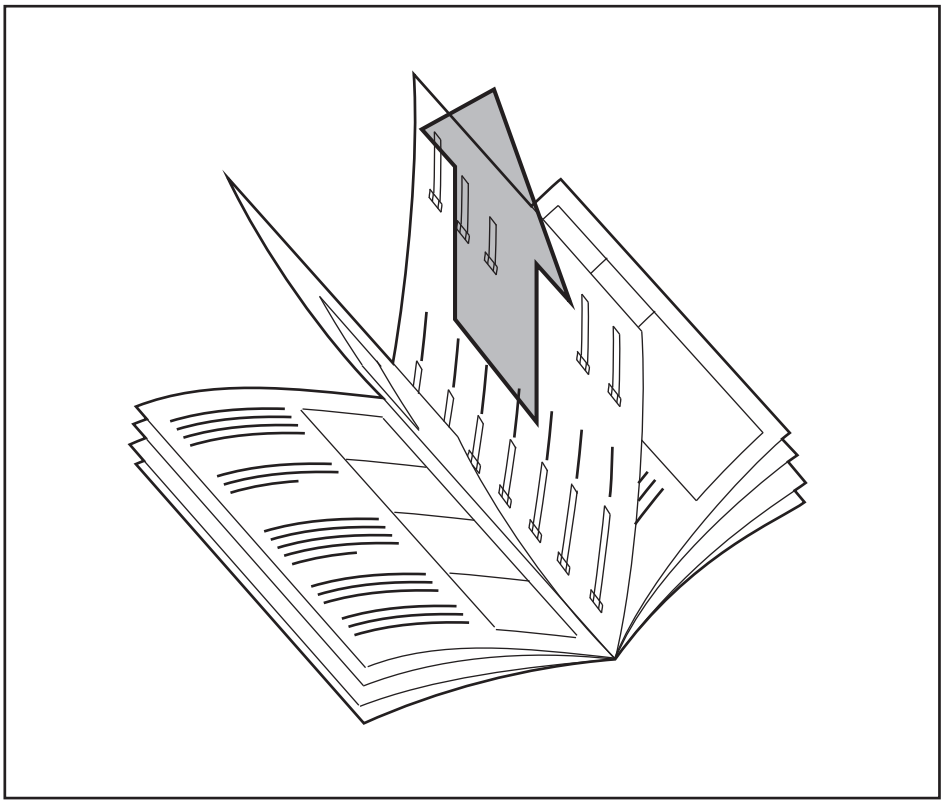
Please provide the following information when ordering replacement parts:

- the MODEL NUMBER of the product (WEEVSY10230)
- the NAME of the product (WEIDER® 8970 weight system)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING in the centre of this manual)

Part No. 201405 R1003A
Printed in China © 2003 ICON Health & Fitness, Inc.

REMOVE THIS PART IDENTIFICATION CHART FROM THE MANUAL. SAVE THIS PART IDENTIFICATION CHART FOR FUTURE REFERENCE.

This chart is provided to help you identify the small parts used in assembly. The number in parenthesis below each part refers to the key number of the part from the PART LIST in the centre of this manual. **Important: Some parts may have been pre-assembled for shipping. If you cannot find a part in the parts bags, check to see if it has been pre-assembled.**



Note: Assembly is divided into four stages: 1) frame assembly, 2) arm assembly, 3) cable assembly, and 4) seat assembly. The hardware for each stage is packaged separately. Wait until you begin each stage to open the parts bag for that stage.

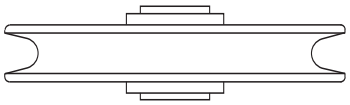
PART LIST—Model No. WEEVSY10230

R1003A

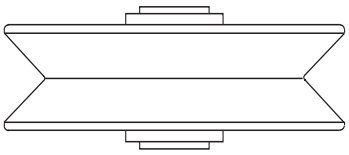
Key No.	Qty.	Description
1	1	Front Base
2	1	Centre Base
3	1	Rear Base
4	1	Leg Lever
5	1	Seat Frame
6	1	Front Upright
7	9	Weight
8	1	Top Frame
9	1	Butterfly Frame
10	1	Left Butterfly Arm
11	1	Right Butterfly Arm
12	2	Butterfly Handle
13	1	Weight Pin
14	1	Weight Tube Bumper
15	1	Backrest
16	1	Seat
17	2	Pad Tube
18	4	Foam Pad
19	2	Large Foam Pad
20	1	Weight Tube
21	1	90mm Space Support Plate
22	4	50mm Square Inner Cap
23	4	40mm x 50mm Inner Cap
24	2	31mm Round Inner Cap
25	1	Bumper
26	23	M10 Washer
27	4	19mm Round Inner Cap
28	3	Base Cap
29	2	50mm x 75mm Inner Cap
30	1	Top Weight
31	2	Weight Guide
32	2	Weight Bumper
33	1	Handle
34	6	13mm Spacer
35	3	M6 Washer
36	2	Pulley Plate
37	1	Double “U”-bracket
38	13	90mm Pulley
39	2	“V”-pulley
40	2	Long Cable Trap
41	1	38mm Square Inner Cap
42	1	Lat Bar
43	2	Handgrip
44	20	Pulley Cover
45	1	High Cable
46	1	Butterfly Cable
47	1	Low Cable
48	2	Pivot Bracket
49	1	Chain
50	2	M10 x 80mm Allen Head Bolt
51	4	8mm Spacer
52	2	Cable Clip
53	2	Locking Pin
54	4	Butterfly Cap
55	4	Plastic Washer
56	1	M8 x 43mm Bolt
57	6	M10 x 65mm Carriage Bolt
58	7	M10 x 70mm Bolt
59	5	M10 x 68mm Bolt
60	2	M10 x 77mm Bolt
61	10	M10 x 53mm Bolt
62	6	M8 Washer
63	3	M8 x 27mm Shoulder Bolt
64	4	M8 x 15mm Allen Head Bolt
65	3	M6 x 65mm Screw
66	2	M6 x 15mm Screw
67	2	M10 x 155mm Bolt
68	1	M4 x 12mm Screw
69	2	M10 x 57mm Bolt
70	6	M8 Nylon Locknut
71	37	M10 Nylon Locknut
72	7	M4 x 20mm Screw
73	1	Seat Upright
74	1	Foot Plate
75	7	M5 Washer
76	2	Foam Grip
77	1	“U”-bracket
78	2	19mm Spacer
79	1	Lock
80	1	Locking Bar
81	1	M10 x 65mm Bolt
82	1	Large “U”-bracket
83	1	Short Cable
#	1	User’s Manual
#	1	Exercise Guide
#	1	Grease Packet
#	1	Hex Key

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice.

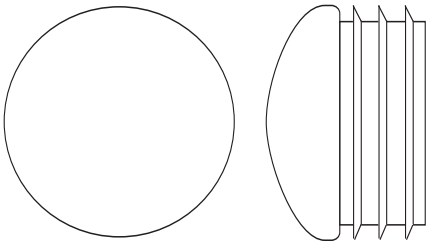
PART IDENTIFICATION CHART—Model No. WEEVSY10230 R1003A



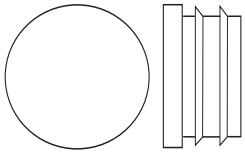
90mm Pulley (38)
(Not shown to scale)



"V"-pulley (39)
(Not shown to scale)

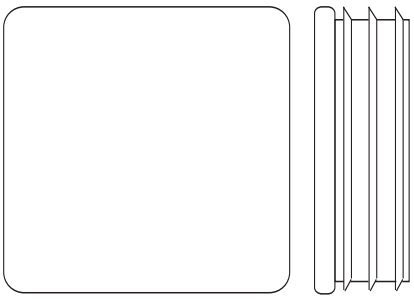


31mm Round Inner Cap (24)

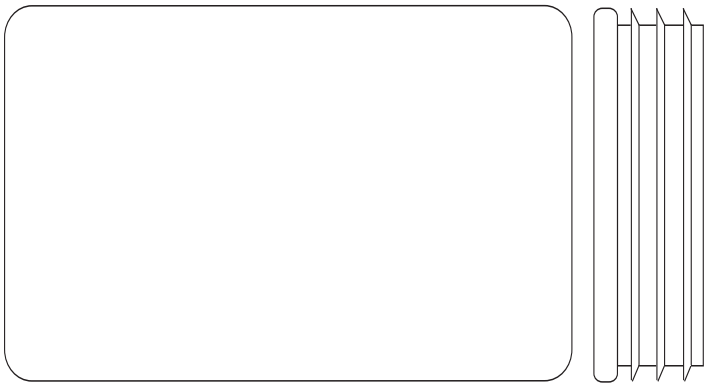


19mm Round Inner Cap (27)

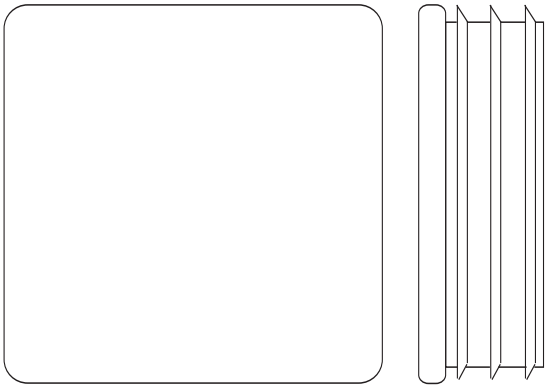
40mm x 50mm Inner Cap (23)



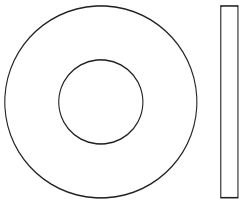
38mm Square Inner Cap (41)



50mm x 75mm Inner Cap (29)

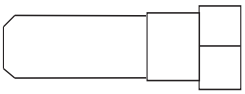


50mm Square Inner Cap (22)



M10 Washer (26)

M6 Washer (35)

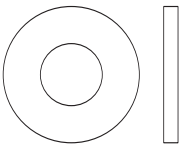


M8 x 27mm Shoulder Bolt (63)

M8 x 43mm Bolt (56)

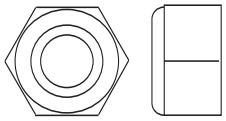
M5 Washer (75)

M10 x 53mm Bolt (61)

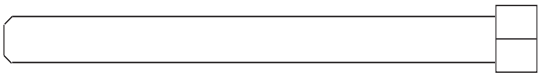


M8 Washer (62)

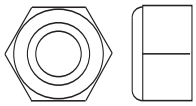
M10 x 57mm Bolt (69)



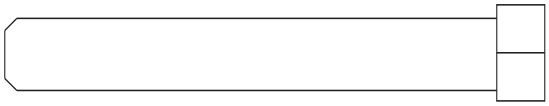
M10 Nylon Locknut (71)



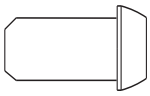
M6 x 65mm Screw (65)



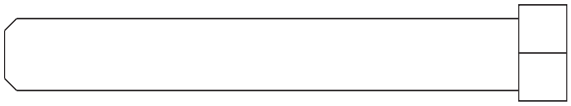
M8 Nylon Locknut (70)



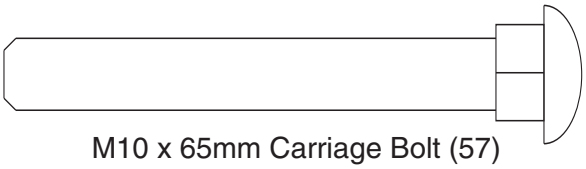
M10 x 65mm Bolt (81)



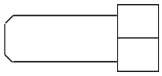
M8 x 15mm Allen Head Bolt (64)



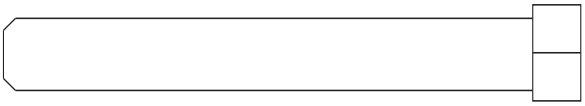
M10 x 68mm Bolt (59)



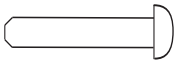
M10 x 65mm Carriage Bolt (57)



M6 x 15mm Screw (66)



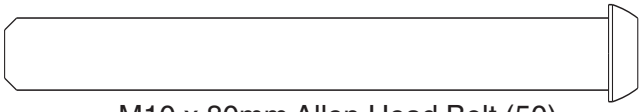
M10 x 70mm Bolt (58)



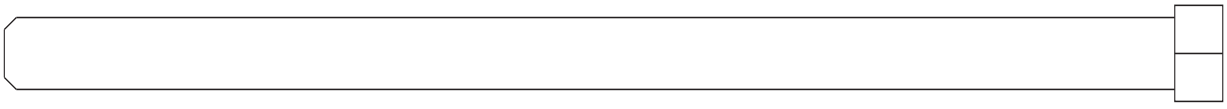
M4 x 20mm Screw (72)

M10 x 77mm Bolt (60)

M4 x 12mm
Screw (68)



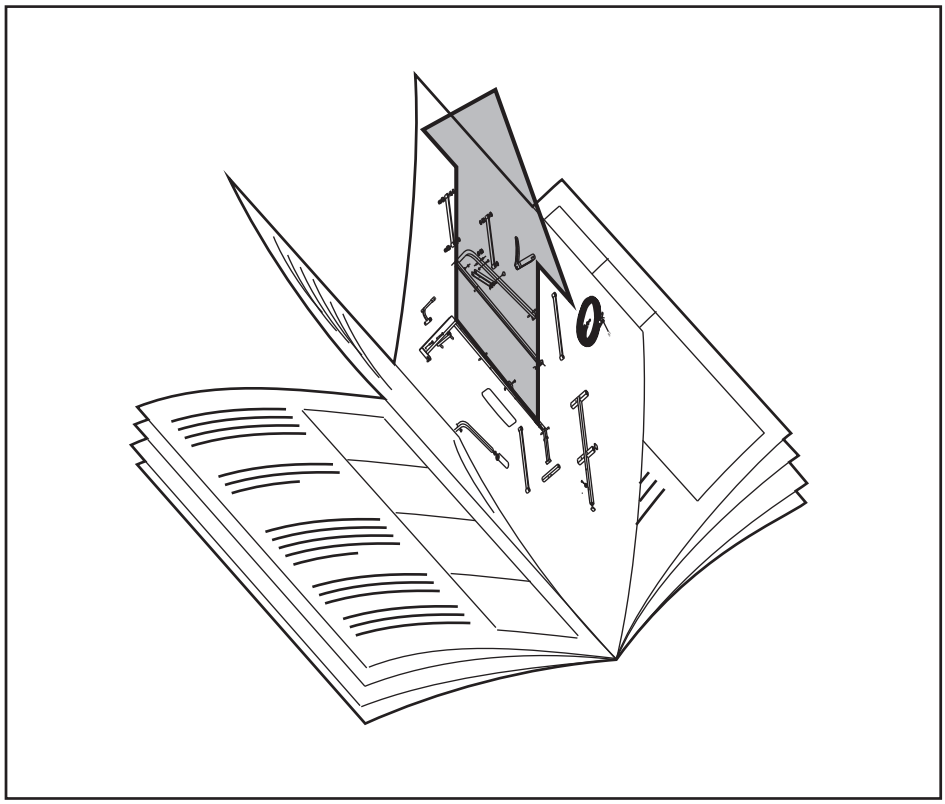
M10 x 80mm Allen Head Bolt (50)



M10 x 155mm Bolt (67)

REMOVE THIS PART LIST/EXPLODED DRAWING FROM THE MANUAL.

SAVE THIS PART LIST/EXPLODED DRAWING FOR FUTURE REFERENCE



EXPLODED DRAWING—Model No. WEEVSY10230

R1003A